

# Extreme Health Challenge

## Coordinator's Guide

**Thank you** for taking part in the Missouri Team Nutrition *Extreme Health Challenge* (EHC). This guide will help you understand how to coordinate implementation of the EHC in your school. The downloadable materials at <http://www.dhss.mo.gov/TeamNutrition> are numbered and referred to by number in this guide. Please click to download the materials "For EHC School Coordinator". This includes all the downloadable materials, including those for classroom teachers, PE teachers, and cafeteria staff.

### Materials:

**01. Overview** – can be shared with administrators and others

**03, 04, & 05. Classroom Teachers Guide, PE Teachers Guide, and Cafeteria Staff Guide** – give an overview of using EHC materials for specific staff.

**06. Incentives** – Incentives are awarded for participation. We simply want every class to do their best. After you report your school's results, incentives will be sent to you to distribute.

**07. In a Nutshell** – is a checklist to make sure everything gets done.

**08 & 09. Taking Care of Yourself and Steps to a Healthier You** – are background information to support staff personal health and fitness.

**10 & 11. Healthy Celebrations & Alternatives to Food as Reward** – give you tools to help teachers make their classroom environments healthy. This will help support your school's local wellness policy.

**12, 20, & 25. Parent Letter, Katy Trail Home Map, and Family Fruit & Vegetable Challenge Chart** - are materials that teachers should send home with every student to encourage their families to participate in the Challenge on their own. There is no need to follow up with families unless you want to.

**03. Katy Trail Challenge Instructions** – gives specific instructions on how to do the physical activity challenge. Teachers can modify as needed as long as they challenge the students.

**Pedometers** – 2 for each classroom are delivered to you after enrolling in the EHC. Give to teachers along with the manufacturer's instructions. **The Walk4Life pedometers have**

a 2 year warranty. If you have any trouble with them, please call Walk4Life at 815-439-2340, ext. 309.

**14. How to Use Pedometer** – gives basic instructions on pedometer use.

**15. Class Activity Record** – is a tool to help keep track of students' activity until it is marked on the Class Katy Trail Map. This is especially helpful if the class map is kept outside of the classroom.

**Katy Trail Map Poster**– One for each classroom is delivered to you after you enroll. Give posters to teachers. They will use this to track progress toward class goal. The "Katy Trail Lessons" marked on poster refer to #30, Katy Trail History Lessons.

**16. MyActivity Pyramid** – is an informational handout for students. If MU Extension teaches nutrition in the classrooms, they will give this to students.

**17. MyActivity Log** – is also handed out by MU Extension. This can be used with or without pedometers to have every student keep track of their minutes of physical activity. This log is optional.

**18. Classroom Activity Breaks** – gives reasons and resources for physical activity in the classroom every day. These breaks help to meet classroom goals in the Katy Trail Challenge.

**19. Playground Activity** – helps teachers remind students to be active at recess to help meet Katy Trail Challenge goal.

**23. Fruit & Vegetable Challenge Instructions** – gives specific instructions on how to do the nutrition challenge.

**Fruit & Vegetable Challenge Poster** – One for each classroom is delivered to you after you enroll. Give posters to teachers. They will use this to track progress toward class goal.

**24. Fruit & Vegetable Challenge Individual Chart** – is a tool for each student to set an individual goal and keep track of their progress. This is helpful if they don't have a chance to mark the boxes on the F&V Challenge Poster right away.

**26, 28, & 29. Nutrition Curriculum** – is background on the lessons that MU Extension teaches

**30. Katy Trail History Lessons** – are optional lessons that teachers can use to enrich the students' journey along the trail.

**32. Resources** – Use as a reference for online information

## Working with others to implement the EHC in your school:

Here are tips on what you, as EHC Coordinator should do with the following people

### 4<sup>th</sup> and 5<sup>th</sup> grade classroom teachers

- Notify all 4<sup>th</sup> and 5<sup>th</sup> grade classroom teachers well before Challenge starts.
- Sell them on why this is good for their class. Be aware that some teachers will be less receptive than others and may not be able to participate.
- Get input from all participating teachers on when is best time to do Challenge.
- Distribute 1 Katy Trail Challenge poster, 1 Fruit & Vegetable Challenge poster, and 2 pedometers (with instructions) to each classroom.
- Give printed copies of the materials marked "For Classroom Teachers" or direct the teachers to <http://www.dhss.mo.gov/TeamNutrition> so they can download their own.
- Try to get all classrooms to do Challenge at the same time and encourage healthy competition among them.
- Check with teachers throughout Challenge to make sure they are doing all they need to do.
- Collect posters from the teachers after the Challenge and report results online at <http://www.dhss.mo.gov/TeamNutrition>
- Distribute incentives when received.

### PE teacher:

- Give printed copies of the materials marked "For PE Teachers" or direct teacher to <http://www.dhss.mo.gov/TeamNutrition> to download.
- Tell PE teacher about the Challenge and see if he or she is willing to teach students how to use pedometers and encourage them to be more active through the day.
- See if PE teacher can keep all classroom posters in the gym and help students track their accomplishments and mark the posters. He or she may have more time and interest in doing this than the classroom teacher.
- Ask PE teacher to recommend classroom activity break ideas and help classroom teachers get started with activity breaks.

**Cafeteria staff:**

- Print materials marked “For Cafeteria Staff” and give to cafeteria manager.
- Give the laminated sheet *“Today’s Fruits & Vegetables”* and the folded Katy Trail Challenge brochure to cafeteria manager.
- Tell cafeteria staff the dates of the Challenge.
- Encourage cafeteria staff to:
  - Use *“Today’s Fruits & Veggies”* laminated sheet
  - Order and use posters to promote fruits and vegetables
  - Take the Katy Trail and Fruit & Vegetable Challenges and post their progress
  - Prepare some different fruit and veggie choices during the Challenge
  - Talk to the students in the cafeteria about eating more fruits and veggies
  - Visit some classrooms at the end of their work day during the Challenge to remind students to chart their progress and to talk about what fruits and veggies will be served the next day.
- If cafeteria manager is hesitant to accept instructions from you, share information with his or her supervisor if possible.

**The University of Missouri Extension Nutrition Program Assistant (NPA):**

- Contact to see if he or she will be able to teach the Show Me Nutrition lessons in your 4<sup>th</sup> & 5<sup>th</sup> grade classes.
- If not, ask how you can get nutrition lessons that your school’s teachers can teach.
- The NPA is knowledgeable about the EHC, and may provide some assistance to you.
- Contact the NPA to coordinate a Fruit & Vegetable Extravaganza as an incentive for families in your school.

**PTA:** Contact the PTA or PTO president to talk about the possibility of having a Fruit and Vegetable Extravaganza family event at one of their meetings.